

Assisted living Advisor

A resource for assisted living providers serving low income seniors

Volume 2, Issue 2

April 2006

EIGHT NEW AAL PROGRAMS APPROVED

On Wednesday, March 1, 2006, Governor Tom Vilsack announced awards of more than \$60 million in Low Income Housing Tax Credits (LIHTC) to developers of affordable housing. The Iowa Finance Authority (IFA) administers the LIHTC program, which has provided more than \$770 million in equity to create housing for thousands of low- and moderate-income Iowans since 1986.

The LIHTC program is currently the primary funding source for the development of assisted

living programs designed to serve low- to moderate-income seniors in need of assisted living services. Seniors in Iowa City, Adel, LeMars, Ames, Davenport, and Des Moines are benefiting from programs previously built under the LIHTC program. Programs under construction in Sioux City and Des Moines are scheduled to open in the summer of 2006.

Ten percent of the total tax credits allocated in a given year are set aside for the development of affordable assisted living programs. The following affordable assisted programs were approved for construction

in the 2006 tax credit allocation:

- Irving Point—Cedar Rapids
- Taylor Heights—Davenport
- Dunlap Assisted Living—Dunlap
- Lamoni Assisted Living—Lamoni
- Jefferson Point—North Liberty
- Odebolt Assisted Living—Odebolt
- Panora Assisted Living—Panora
- Rose of Waterloo—Waterloo
- Jefferson Point—North Liberty

Inside this issue:

Craig's Compliance Corner	2
Dementia-Specific Program	3
AAL & Case Management	3
ICA Conference	4

IOWA CAREGIVERS IN MOTION

The Iowa CareGivers Association (ICA) was founded in 1992, based on the belief that the shortage of direct care workers could only be addressed by an organization that brought workers, employers, policy makers and consumers together to identify and address the issues. Direct care workers include those who work on the front lines in assisted

living facilities, nursing homes, home care agencies, hospitals, hospices, and other care settings.

The ICA mission is to "Enhance quality of care by providing education, recognition, advocacy and research in support of direct care workers."

Direct care workers who are members of the ICA

benefit from annual conferences, leadership training, newsletters, educational scholarships and opportunities to network with other direct care workers.

Shaping Policy and Practice Better Jobs Better Care

The Iowa Better Jobs Better Care (BJBC) Coalition is funded through a 3 ½ year

-see ICA, page 3-

Regulatory Reminders

- Programs shall have a training and staffing plan on file and shall maintain documentation of training received by program personnel.
- All personnel should be able to implement the program's accident, fire safety and emergency procedures.

HEATING & COOLING INS & OUTS



LIFE SAFETY TIPS FOR ALL PROVIDERS

Provided by
Craig Swartzbaugh
 Construction Analyst
 Iowa Finance Authority

WATER HEATERS

There are two commonly used types of storage water heaters—electric-resistance and gas (natural or liquid propane). There are pros and cons for each system, which should be weighed before a purchase is made.

Electric-resistance models are inexpensive and easy to install and maintain. They convert power at 100 percent efficiency, resulting in a higher energy factor (EF) rating than gas water heaters. The higher the EF rating, the greater the unit's efficiency. A unit with a higher EF rating requires less energy for operation. The EF ratings for electric-resistant water heaters can range from 70 percent to 97 percent. Electric units can be turned on and off, eliminating worry about gas fumes or lighting the pilot. While electric units are more efficient, they can be more expensive to operate.

Gas water heaters are more expensive to buy and must be installed and maintained by qualified service personnel. They are generally less efficient than electric units. Their EF rating can range from 40 percent to 63 percent, with super efficient models rating as high as 80 percent. Gas units are less efficient than electric mainly because gas systems lose almost a quarter of their energy in the flue while heating the water. However, gas units have traditionally

been less expensive to operate. This may not be true today with the anticipated increases in natural gas.

Instant demand water heaters are very efficient but are expensive and are still exhibiting some mechanical issues.

Water heater maintenance is extremely important to prolong the life of the unit. Maintenance should include:

- Draining the unit, in accordance with the manufacturer's instructions, to remove scale
- Conducting routine maintenance of the units to keep them operating in peak performance
- Gas water heaters should be checked for gas leaks, including the gas lines and elbows
- Hot and cold water shut off valves should be operated at a minimum of twice a year.

FURNACES, RADIANT HEAT, BOILERS & HEAT PUMPS

All of these types of heating have energy efficient models and very specific instructions on operation and maintenance. It is important to follow the manufacturer's instructions regarding the frequency of filter replacement. The following is a list of maintenance tips:

- Electric baseboard heaters require cleaning of the elements, to prevent decreased efficiency due to dust. The recommended cleaning procedure is to remove the dust with a vacuum regularly, being careful not to touch the heating element.
- With a gas or oil heating system always disconnect the power before replacing the filters.
- A noisy furnace usually means a drive belt that is slipping.
- If your furnace is producing no sound of combustion, check the thermostat, circuit breaker or the unit's emergency shut off switch.

- If you are experiencing uneven heating, your heating system is not balanced. You may need to adjust the dampers on the registers and seal ducts, or call your installer to return to balance the system.
- If you smell fuel-like odors coming from the registers or furnace, open the windows, turn off the furnace, and call a professional service person immediately. You should also contact your local gas company.
- For improved energy efficiency and fewer allergy-related issues, replace your furnace filter monthly.
- Install carbon monoxide detectors near the furnace and in bedrooms.
- Keep the area around the furnace clean and unobstructed.

VENTILATION

Facilities with forced air heat typically may have large cracks or gaps where ducts pass through the ceiling, floors and walls. Caulk between the metal duct opening and the ceiling and the duct itself. Insulation on the exterior of ducts is recommended to reduce energy costs as much as 10 percent to 25 percent. Cleaning of the ducts is necessary to reduce the allergies caused by dust mites.

AIR-CONDITIONING

During a typical Iowa summer, about 50 percent of the heat that accumulates in the home is solar, 40 percent is from air leaks and internal heat, and 10 percent is from conduction. The following are maintenance tips for air-conditioners:

- Tune-ups should always be done by qualified service people.
- Oil the bearings on the fan and compressor if they are not the sealed type.
- Check for refrigerant leaks.

-see Air Conditioning, page 3-

ICA

from page 1-

grant from the Robert Wood Johnson Foundation and the Atlantic Philanthropies. The Coalition consists of a group of long-term care providers, workers, consumers and policy makers that is working to reduce turnover among Iowa's direct care workforce. The Iowa CareGivers Association is the lead agency for grant administration.

The BJBC Coalition has initiated a number of key projects and activities. Three of them are highlighted below:

The Direct Care Worker Registry

ICA is working with staff from the Iowa Department of Inspections and Appeals and the Department of Public Health to update and expand the registry for direct care workers. The registry, required by federal law, currently lists only Certified Nurse Aides (CNAs) who work in nursing homes. The intent is to expand the registry to include numerous other categories of workers that perform direct care—home care aides, hospice aides, assisted living aides, etc. The expansion of the data base enables direct care workers to be in control of their own personal information on the registry and is a valuable resource for employers and consumers looking for individuals to provide direct care services.

The Direct Care Worker Education Task Force

ICA was the driving force behind the passage of House File 781 in the 2005 legislative session which created the Direct Care Worker Education Task Force. The Task Force, now established and meeting on a monthly basis, is addressing issues that deal with the education and

training requirements of various categories of direct care workers. In short, the Task Force is being asked to address "what the situation is versus what the situation should be" and to make recommendations to the Governor and the Legislature on ways to streamline the educational standards for direct care workers.

Providing Health Care for Health Care Workers

Turnover among direct care workers is unacceptably high. One of the many reasons for the high turnover rate is the lack of good benefits for employees, with adequate and affordable health care coverage being one of the most important.

To address the lack of adequate and affordable coverage, the Iowa BJBC Coalition and the ICA have created an action plan that will focus on two basic points:

1. Assist direct care workers in maximizing their knowledge and use of programs and services that currently exist, and
2. Work to expand coverage options for direct care workers and other uninsured populations in Iowa.

More Information

The ICA website is host to several research studies conducted by the BJBC Coalition on a variety of issues pertaining to the direct care workforce. In addition, the Coalition has a national website at www.bjbc.org.

To obtain more information about the ICA, its activities, and membership and support opportunities, contact the office at 1117 Pleasant Street, Suite 221 in Des Moines 50309 or visit the website at www.iowacaregivers.org. The phone number is 515 -241-8697.

AAL & CASE MANAGEMENT

Clients who apply for admission to an affordable assisted living (AAL) program who are already on the Home and Community-Bases Services Elderly Waiver enter the program with an assigned case manager. The Area Agency on Aging (AAA) administers the Case Management Program for the Frail and Elderly and assigns each waiver recipient a case manager.

If the AAL agrees to accept a client who is already on the HCBS Elderly Waiver, program staff should immediately contact the case manager from the AAA. If the client does not know the name of his/her case manager, the AAA will be able to provide the name and contact information.

"It is important for assisted living program staff to contact the AAA to advise the case manager of the tenant's intent to enter the program. This allows the case manager to make contact with agencies and individuals currently providing care to ensure that there is no overlap or lapse in services," says Carol Schmidt, Case Manager Coordinator at Aging Resources of Central Iowa.

AIR CONDITIONING

from page 2-

- Remember it is illegal to release CFC refrigerants into the atmosphere.
- Flush the evaporator drain line.
- Clean and replace filters monthly.
- Clean the blower fan blades.
- Clean evaporator coil and condensate pan.
- Clean condenser coil as often as necessary.
- Straighten fins in evaporator and condenser coils.
- Remove debris from around condensing unit.

Are You a Dementia-Specific Assisted Living Program?

If you currently care for five or more tenants scoring at four or above on the Global Deterioration Scale, your program meets the definition of a dementia-specific program under Iowa's assisted living rules (IAC 321, Chapter 24.1). As such, direct contact personnel will be required to receive six hours of dementia-specific continuing education annually.

PUBLISHED BY THE IOWA FINANCE AUTHORITY

Editor
Jenny Knust
Affordable Assisted Living Coordinator
100 East Grand Avenue, Ste. 250
Des Moines, IA 50309

Phone: 515-242-4748
Fax: 515-242-4957
jenny.knust@iowa.gov
Wwww.ifahome.com



The Iowa Finance Authority is committed to providing opportunities for individuals and organizations to expand housing opportunities to low and moderate income families and individuals. Jenny Knust, Affordable Assisted Living Coordinator, serves as a technical advisor to programs seeking to serve low to moderate income seniors in the assisted living environment. The position is funded by a grant from the US Department of Agriculture, Rural Community Development Initiative. This publication is designed to serve as a resource for RCDI grant recipient organizations and others who are developing and/or managing affordable assisted living programs.

In accordance with Federal law and the U.S. Dept. of Agriculture policy, these institutions are prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. (Not all prohibited bases apply to all programs.) To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an Equal Opportunity Provider and Employer.

Visit our website at
www.ifahome.com
(look under "Senior Living," and
"Affordable Assisted Living")

EDUCATION IS ESSENTIAL

ICA hosts event to promote Caregiver's Month

JUNE 5, 2006

Join the Iowa CareGivers Association and the Better Jobs Better Care Coalition for this special event

Education

Track 1: Better Jobs Better Care Forum on Health Care Coverage for Direct Care Workers

Track 2: Special "Wellness" Track for Direct Care Workers

Celebration & Proclamation Signing

Iowa Caregivers Month Celebration & Governor's Proclamation Signing (Gov. & Lt. Gov. invited)
Program 9:30 a.m.—4 p.m.

Reception in honor of Iowa Caregivers Month: 4—5 p.m.

Location

Hotel Fort Des Moines, 100 Walnut Street, Des Moines, IA 50309

Audience

Direct Care Workers, Long-Term Care Providers, Consumers, Policy Makers, Advocacy Organizations, Provider Organizations, State Departments, Health Care Coverage Advocates, and Others Interested in Health Care and Recognizing Direct Care Workers

Registration

For more information or to pre-register, please contact the Iowa CareGivers Association by phone at 515-241-8697 or e-mail at information@iowacaregivers.org